

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

MARCH 2017

Puddingwiches Pizza Please Peanut Butter Snack Mix Apple Snack Cake Chicken Nuggets

Puddingwiches

1½ cups fat-free skim or 1% milk
1 package (3.5 ounces) vanilla, butterscotch, or chocolate instant pudding
½ cup peanut butter
24 graham cracker squares

1. In a large bowl, mix milk and peanut butter with an electric mixer.
2. Add instant pudding. Stir by hand first, then beat with mixer until thick.
3. Put a tablespoon of thickened pudding on a graham cracker square. Spread and top with another square.
4. Wrap individually in plastic wrap or place in a single layer in a plastic container. Freeze and serve frozen.

Nutrition Note: This recipe makes 12 servings. Each serving has 230 calories, 9 grams of fat, 5 grams of protein, 33 grams of carbohydrates, and 310 milligrams of sodium.

Pizza Please

4 whole-wheat tortillas
¼ cup tomato paste (low sodium preferred)
1 teaspoon Italian seasoning
2 medium tomatoes, thinly sliced
¼ cup shredded reduced-fat mozzarella cheese



1. Heat oven to 425 degrees.
2. Pierce tortillas with a knife and place on a baking sheet. Bake for 2 minutes or until crisp.
3. Spread tomato paste evenly on all tortillas. Sprinkle with Italian seasoning.
4. Add a layer of tomatoes and mozzarella cheese.
5. Bake for 5 minutes or until cheese has melted.

Nutrition Note: This recipe makes 4 servings. Each serving (using low-sodium tomato paste) has 170 calories, 5 grams of fat, 7 grams of protein, 28 grams of carbohydrates, and 380 milligrams of sodium.

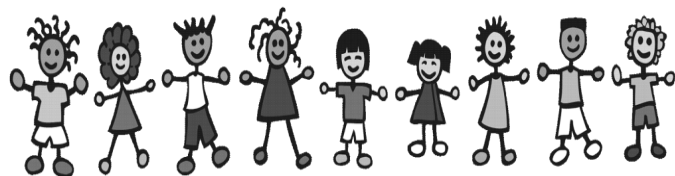
Why breastfeed?



“I felt it was a better way to get close to my baby.”

~ Bridget, WIC Breastfeeding Mom from Minot

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Nutrient-Rich Super Snacks



Whole Wheat Wrap with Cheese:
Pick a slice of your favorite cheese
and roll it up in a whole wheat tortilla.
Dip in salsa.

Peanut Butter Snack Mix

3 tablespoons honey
2 tablespoons butter or stick margarine
3 tablespoons peanut butter
4 cups “Chex”-type cereal (any variety)
2 cups mini pretzels
½ cup peanuts



1. Preheat oven to 200 degrees.
2. Combine honey, butter, and peanut butter in a small saucepan. Cook on medium heat until melted and smooth, stirring frequently.
3. Combine cereal, pretzels, and peanuts in a large bowl.
4. Pour peanut butter mixture over cereal mixture and toss to coat.
5. Spread on a baking sheet and bake one hour.
6. Remove from oven and cool. Store in an airtight container.

Nutrition Note: This recipe makes 12 servings. Each serving has 220 calories, 8 grams of fat, 25 grams of protein, 6 grams of carbohydrates, and 400 milligrams of sodium.

Apple Snack Cake

1 cup whole-wheat flour or 1¼ cup all-purpose flour
¾ cup white sugar
¾ teaspoon baking powder
¾ teaspoon baking soda
¾ teaspoon ground cinnamon
½ cup unsweetened applesauce
½ cup buttermilk
4 tablespoons butter or margarine, melted
1 egg

1. Heat oven to 350 degrees.
2. Coat an 8x8 inch baking pan with nonstick cooking spray.
3. In a medium bowl, whisk together flour, sugar, baking powder, baking soda, and cinnamon.
4. Add applesauce, buttermilk, butter, and egg. Mix well.
5. Place in the pan and bake for 20-30 minutes.
6. Cool for at least 5 minutes in the pan before removing. Dust top of cake with powdered sugar if desired.

Cooking Tip: To make buttermilk with regular milk, mix ½ tablespoon lemon juice or white vinegar and enough fat-free or 1% milk to make ½ cup total liquid. Let milk set for five minutes before adding to recipe.

Nutrition Note: This recipe makes 16 servings. Each serving has 100 calories, 3.5 grams of fat, 2 grams of protein, 16 grams of carbohydrates, and 125 milligrams of sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

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Bismarck, N.D. 58505-0200
800.472.2286, option 1



Turn Off the TV

Visit every space in your home with you child. When you reach each space, have your child do five jumps as high as he or she can and then move to the next space.

Source: Head Start Body Start

Chicken Nuggets

1 egg
2 tablespoons fat-free skim or 1% milk
3½ cups cornflakes, crushed
1 pound boneless, skinless chicken breasts, cut into nugget-size pieces
1 can (8 ounces) sliced or crushed pineapple in juice
1 tablespoon cornstarch
¼ cup pineapple juice
¼ cup barbecue sauce



1. To make the chicken nuggets, heat oven to 400 degrees. In a small mixing bowl, whisk the egg and milk together. Place cornflakes in a plastic bag. Dip chicken pieces in egg mixture, then shake with cornflakes to coat. Put coated chicken on a baking pan. Carefully place baking pan in oven and bake for 15 minutes.
2. To make the dipping sauce, pour undrained pineapple into a blender. Blend until it is a thick puree. Pour pineapple puree into a saucepan and add cornstarch; mix well. Add pineapple juice and barbecue sauce; mix well. Bring to a boil, then reduce heat and simmer, stirring until sauce thickens, about 3 minutes. Remove from heat and set aside.
3. Serve baked chicken nuggets with warm dipping sauce.

Nutrition Note: This recipe makes 4 servings. Each serving has 265 calories, 3 grams of fat, 23 grams of protein, 34 grams of carbohydrates, and 443 milligrams of sodium.

GROWING HAPPY FAMILIES



Get the kids involved.

Give kids tasks that fit their age and ability. Ask them to open containers, wash vegetables, tear lettuce, mix salads, mash sweet potatoes, or measure ingredients. Always make sure they wash their hands first.